

IMPLEMENTATION GUIDE

Commit to Quit

*Using an Evidence-Informed Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-Based Programs To Fit Your Needs” and specifically the handouts in Modules 4 and 5 to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at
http://cancercontrol.cancer.gov/use_what_works/start.htm.

To receive training on “Using What Works,” contact the NCI Cancer Information Service and speak to a Partnership Program Representative in your area. This information is available online at <http://cancercontrolplanet.cancer.gov/partners/index.jsp?cctopic=C>.

I. Program Administration (Type of Staffing and Functions Needed)

Counselor (master’s- or doctoral-level clinical health therapist or psychologist recommended)

- Leads each program session and models the use of smoking cessation aids.
- Provides support to participants inside and outside the classroom when participants are struggling with potential relapse.

Exercise Specialist

- Conducts a baseline test with participants to determine their target heart rate range for exercise and monitors exertion levels during exercise sessions.
- Supervise exercise sessions and provide support inside and outside the gym.

II. Program Delivery

For additional information on modifying program materials, refer to Module 4, Handouts #2 and #6 in “Using What Works”: Adaptation Guidelines and Case Study Application.

A. Program Materials (All listed materials can be viewed and/or downloaded from the Products Page)

- **Commit to Quit: Counselor Manual:** This 29-page document provides step-by-step instructions for leading each of the program’s 12 sessions. Additional information not found in the participant manual is also provided in the form of handouts.

- **Commit to Quit: Participant Manual:** This 60-page document provides educational information to participants and includes exercises for practicing and encouraging target behaviors both inside and outside the classroom.
- **Commit to Quit: Exercise Protocol:** This 6-page document provides step-by-step instruction for 5-minute warm-ups, 30- to 40-minute exercise sessions, and a 5-minute cool down.

B. Program Implementation

The steps used to implement this program are as follows:

Step 1: The Counselor introduces participants to the program during week 1.

- Each participant shares information about their smoking history.
- Participants are given a copy of the Exercise Protocol and Participant Manual.
- Participants are given the “quit smoking” date (typically 4 weeks from the date of the first meeting).
- The Exercise Specialist helps participants identify their target heart rate for exercise.

Step 2: Participants begin using the Exercise Protocol in week 2 under the supervision of the Exercise Specialist. The protocol requires that participants exercise three times per week. This protocol continues through the end of the program. The Exercise Specialist

Step 3: The Counselor follows activities described in the Counselor Manual for each weekly program session.

III. Program Evaluation

For additional information on planning and adapting an evaluation, refer to Handouts #2-8 in Module 5 of “Using What Works.”

For further assistance in designing and conducting an evaluation, go to the Cancer Control P.L.A.N.E.T. Web site and see Step 2: Identify potential partners to find a research partner in your area. This information is available online at

<http://cancercontrolplanet.cancer.gov/partners/researcher.jsp?cctopic=0>.